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MENU-PLANNING GUIDE

for

SCHOOL LUNCHES

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Based on FDA Requirements

for

Type A and Type B Lunches

WAR FOOD ADMINISTRATION
Food Distribution Administration
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MENU-PLANNING GUIDE FOR SCHOOL LUNCHES
Based on FDA Requirements for Type A and Type B Lunches

As part of its Nation-wide, wartime food program, the Food Distribution Administration is helping to provide food for community school lunches. Sponsors who enter into agreements with FDA will be reimbursed for a wide variety of specified foods which they purchase locally. The intention of this program is to assist schools most in need of help by providing approximately 60 percent of the cost of food required to serve one nutritious meal each day. The amount of reimbursement is based on the nutritive value of the lunch served as well as the number of children who benefit by the lunch.

As this material has been prepared specially for sponsors of community school-lunch programs who enter into agreements with FDA for assistance, it is presented in terms of Type A and Type B lunches as defined in the agreement. These suggestions are intended (1) to help such sponsors determine which of the two types of lunches they will serve and (2) to help the person directly in charge of school feeding to plan meals that meet the requirements of the type lunch agreed upon. The manager of any school-lunch or child-feeding program, however, could make use of the suggestions for preparing simple, nutritious noon meals.

Requirements for the Type A Lunch

The Type A or complete lunch provides from one-third to one-half of the day's nutritive requirements for the child, in accordance with standards determined by nutrition specialists. (The quantities of food specified are based on typical food needs of children 10 to 12 years of age, but with adjustments for energy requirements they are suitable for children of other

ages. These adjustments may be made for younger children by decreasing the amount of bread, and for older children by increasing the bread or by adding other cereal products.) The term "complete" refers to the adequacy of the meal, rather than to the number of courses, methods of food preparation and serving, or the temperature of the lunch (whether it is a hot or a cold one).

The FDA specifies that its Type A lunch (for which the maximum reimbursement is 9 cents for each child served) shall include at least:

(1) One-half pint of fresh whole milk as a beverage.

(2) Two-ounce serving of meat or fish, or 1 egg, or 2 ounces of cheese, or ½ cup (cooked measure) of dry peas, beans, or soybeans, or 4 tablespoons of peanut butter. /1

(3) One cup of vegetables or fruit, or ½ cup of each.

(4) One or more slices of bread, or muffins or other hot bread, made of whole-grain or enriched flour or cereal.

(5) Two teaspoons of butter, or margarine with added vitamin A.

Patterns for Type A Lunch

(a) The Type A Lunch may be built around a main dish (stew, casserole, or salad) which combines the meat or meat alternate (item 2), with one or more vegetables (half the amount in item 3), supplemented by a raw vegetable or fruit, and served with milk, bread, and butter or fortified margarine--in short, "a one dish plus" meal.

(b) Another pattern is built around a sandwich of high nutritive value, using the content of items (2), (4), and (5), served with milk, and two vegetables (raw or cooked) or a vegetable and a fruit.

(c) Still another pattern is the familiar "plate" or "tray" meal, consisting of individual portions of items (2) and (3) in the amounts specified, and served with milk, bread, and butter or fortified margarine.

/1 See page 5, last paragraph, for suggestions for combining two protein foods to meet the requirements of item (2).

In the interest of good nutrition of children, the FDA encourages the serving of a well-rounded noon meal by offering maximum reimbursement for the Type A lunch. Sponsors of most school-lunch programs can take advantage of this full indemnity, because with careful planning and management, it is possible to fulfill the requirements even with a minimum of labor and equipment. In fact, the Type A standard may be met with very little or no more equipment or labor than that required for the Type B lunch. Actually, the chief difference is in the cost of the food.

Requirements for the Type B Lunch

On the assumption that some schools or child care centers may not be able, at least for a time, to meet the requirements of the Type A lunch, reimbursement is also offered for a Type B lunch. Though it is less adequate from the standpoint of nutritive value and offers less possibility of variety within the meal, the Type B lunch nevertheless makes a worthwhile contribution to the day's food needs. It has a maximum rate of payment of 6 cents per child served and must include at least the following:

(1) One-half pint of fresh whole milk as a beverage.

(2) One-ounce serving of meat or fish, or one-half of an egg, or 1 ounce of cheese, or one-fourth cup (cooked measure) of dry peas, beans, or soybeans, or 2 tablespoons of peanut butter.

(3) One-half cup of vegetables or fruit.

(4) One or more slices of bread, or muffins or other hot bread, made of whole-grain or enriched flour or cereal.

(5) One teaspoon of butter, or margarine with added vitamin A.

The Type B lunch includes half as much of a protein-rich food (item 2), half as much of a vitamin-and mineral-rich vegetable or fruit (item 3), and half as much of a fat rich in vitamin A (item 5), as does the Type A or complete lunch. Adjustments in the Type B lunch to take care of energy requirements of children of different ages may be made by increasing or decreasing the amount of bread, or by the use of other cereal products in suitable amounts.

Patterns for Type B Lunch.

(a) The Type B lunch may be built around a one-cup serving of a main dish (a thick soup or chowder, stew or casserole), or a three-fourth cup serving of a nourishing salad, including the quantities of items (2) and (3), and served with milk, bread, and butter or fortified margarine.

(b) A second pattern features a nourishing sandwich using items (2), (4), and (5) in the quantities specified, served with milk, and a fruit or vegetable (raw or cooked).

(c) Still another pattern is an adaptation of the familiar "plate" meal, consisting of an individual portion of item (2) in some cases extended with cereal, and of item (3), in the amounts specified and served with milk, bread, and butter or fortified margarine.

Adjusting Menus to Wartime

Innumerable menus can be developed around the suggested patterns for Type A and Type B lunches, to provide variety in the noon meal at school. In planning the week's menus, the fullest consideration should be given to the wartime food supply--local and seasonal abundances, shortages and suitable alternates to take the place of scarce foods, and the wise use of ration points. It is extremely important that the menus for the week as well as the market list to carry them out be carefully checked to make sure that the allotment of ration points suitable for the period is not exceeded. Even within the course of a week, new developments in the food situation may require a revision in the menus to adjust to changes in

the value of ration points, to omit a food which has just become scarce, or to feature one in current local abundance. Fewer day-to-day changes are necessary if the menus for the week are developed around basic menu plans which themselves reflect adjustments to the wartime food situation.

Using Basic Menu Plans

A number of basic menu plans are offered here as a guide to following Type A and Type B patterns. The plans are supplemented by a variety of suggested main dishes that allow for adjusting to the availability of different foods, to the prevailing price situation, and to some extent the food habits in different sections of the country. Many additional suggestions for main dishes could well be developed as a regional or local adaptation of this material, giving consideration to food preferences of different nationality groups and other factors.

In line with the wartime food supply some of the suggested main dishes combine two proteins to extend the use of one that is scarce, or relatively expensive, or both. Examples are fish and cheese, eggs and cheese, meat and soybeans. The total of the two kinds of protein foods should cover the amount specified in item (2). Meat of all kinds, fish, poultry, eggs, milk, cheese, and all dry beans, peas, and peanuts provide protein. The protein of soybeans and the soya products is more valuable for growth than that of other kinds of beans. It is important to use as first choice the protein foods most abundant locally, often available through nearby farm families.

Some main dishes combine the protein-rich food with the vegetable requirement of item (3). Others combine the protein with half of the requirement of item (3), and fulfill the remaining amount by serving raw vegetable sticks or slices, a vegetable or fruit salad, or a fruit.

Serving raw vegetables or raw fruit often not only cuts down on the work of preparation but also adds interesting texture to the meal, and assures maximum vitamin and mineral content (so easily lost through improper methods of food preparation). The importance, especially in wartime, of using locally-produced fruits and vegetables that are in abundance, whether fresh or home-canned, must always be kept in mind.

The butter or fortified margarine may be spread on the bread, thus combining the requirements of items (4) and (5); these foods may be served separately on the plate, or they may be used in sandwiches with a protein-rich filling. Some of the butter or margarine may be used to season cooked dishes.

Item (1) covers the requirement of $\frac{1}{2}$ pint of fresh whole milk served as a beverage in Type A and Type B lunches that qualify for maximum reimbursement. Though no meal for children is considered complete or even desirable from the standpoint of its contribution to good nutrition if it does not include milk, the supply of milk for civilians under wartime conditions may be limited, particularly in some areas. For this reason, adjustments in the maximum rate of payment (a reduction of 2 cents for each type lunch) is made if fresh whole milk is not available (see FDA agreement). On the other hand, if the milk supply is adequate, it is desirable to use milk in the preparation of chowders and other cooked dishes in addition to serving it as a beverage. Fresh skim milk and buttermilk are often available in localities where whole milk is scarce. Wherever the supply of fresh milk is short, it becomes especially important to use evaporated milk so far as possible in food preparation.

Not only the food but also the equipment and labor for preparing it have been considered in working out the basic menu plans. Many of the suggested main dishes can be prepared by one person with top-of-stove cooking. Some

of the menu plans could be followed in the small school with the use of only one burner in food preparation. A few require no cooking facilities at all. In many instances the menu plan has been limited to the kind of meal that can be served in one bowl or on a single plate, thus cutting down the labor required for serving and dishwashing.

Schools having baking facilities and sufficient staff in the kitchen can serve scalloped, casserole, and other baked dishes, including home-made bread and muffins made of whole-grain or enriched flours and cereals. Such schools may also bake cookies, cake, gingerbread, and oven puddings that make use of the vitamin- and mineral-rich cereal products and of molasses and other "natural" sweetening agents, if dessert is added as an "optional" item to the Type A lunch. If additions are made to the Type B lunch, such baked desserts would not be the desirable first choice; rather the nutritive value of the meal should be improved to approach more closely the Type A lunch, as by adding a fruit or vegetable, or by increasing the amount of meat or meat alternates.

Type A and Type B Menu Plans, Pattern by Pattern

The menu plans for the two types of lunches illustrating the patterns described on pages 2 and 3, are listed on the following pages side by side. With this arrangement it is easy to see the adaptations made in each Type A menu plan to reduce it to Type B requirements, pattern by pattern. At first glance, the basic menu plans may appear to be the same, but further study will show that the Type B meal includes smaller amounts of the meat or meat alternate and the vegetable and fruit requirements. In some cases additional dishes which do not fulfill the Type A requirements have been suggested for the Type B meals.

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Menu Plans Using MEAT OR FISH in Main Dish

Type A, Pattern (a)

1. MEAT (OR FISH) AND VEGETABLE STEW, CHOWDER, OR SALAD -- BREAD BUTTER OR MARGARINE -- FRUIT -- MILK

Suggested Dishes

Liver and vegetable stew or pie
Kidney and vegetable stew or pie
Beef and vegetable stew or pie
Lamb or mutton and vegetable stew or pie
Chicken and vegetable stew or pie
Hungarian goulash
Chop Suey
Liver balls, potatoes, vegetables
Meat balls, potatoes, vegetables
Fish chowder
Steamed or "boiled" fish with carrots, onions, potatoes
Clam chowder
Oyster stew with vegetables
Fish and vegetable salad (fresh or canned fish)
Meat or vegetable salad (ham or any left-over meat)

2. CREAMED MEAT (OR FISH) WITH VEGETABLES FRUIT OR RAW VEGETABLE -- BREAD

Suggested Dishes

Creamed liver with onions or other vegetable
Creamed hamburger with carrots or other vegetable
Creamed ham with potatoes or other vegetable
Creamed fish with carrots, potatoes, onions, or other vegetable

Type B, Pattern (a)

1. MEAT (OR FISH) AND VEGETABLE STEW, CHOWDER, OR SALAD -- BREAD BUTTER OR MARGARINE -- MILK

Suggested Dishes

Smaller serving of any of the dishes suggested for Type A, to cover the meat (or meat alternate) and vegetable requirements of Type B.

2. CREAMED MEAT (OR FISH) WITH VEGETABLES BREAD -- BUTTER OR MARGARINE -- MILK

Suggested Dishes

Smaller serving of any of the dishes suggested for Type A, to meet the protein and vegetable requirements of Type B.

Menu Plans Using MEAT OR FISH in Main Dish (Cont'd.)

Type A, Pattern (a), Cont'd.

3. BRAISED MEAT WITH VEGETABLES
FRUIT OR RAW VEGETABLE -- BREAD
BUTTER OR MARGARINE -- MILK

Suggested Dishes

Braised liver or kidney with vegetables
Braised beef or lamb with vegetables
Pot roast with vegetables

Type B, Pattern (a), Cont'd.

3. BRAISED MEAT WITH VEGETABLES
BREAD -- BUTTER OR MARGARINE -- MILK

Suggested Dishes

Smaller serving of any of the dishes suggested for Type A, to cover the meat (or meat alternate) and vegetable requirements of Type B.

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Menu Plans Using EGGS OR CHEESE in Main Dish

1. EGG (OR CHEESE) AND VEGETABLE DISH
BREAD -- BUTTER OR MARGARINE
FRUIT OR RAW VEGETABLE, OR VEGETABLE SALAD

Suggested Dishes

Scrambled eggs with tomatoes or other vegetable
Creamed eggs and carrots, onions, potatoes, or other vegetable
Egg and vegetable casserole
Vegetable omelet
Cheese sauce with any of the following vegetables: cabbage, onions, potatoes turnips, carrots, peas, snap beans, or tomatoes (each serving should contain 2 ounces of cheese)

1. EGG (OR CHEESE) AND VEGETABLE DISH
BREAD -- BUTTER OR MARGARINE
MILK

Suggested Dishes

Smaller serving of any of the dishes suggested for Type A, to meet the meat alternate and vegetable requirements of Type B

Additional Dishes

Eggs and rice in tomato sauce
Eggs in tomato sauce, or crackers or whole-wheat bread
Tomato rabbit on crackers or whole-wheat bread

Type A, Pattern (a), Cont'd.

2. CHEESE AND FRUIT SALAD
BREAD -- BUTTER OR MARGARINE
MILK

Suggested Dishes

Cottage or cheddar cheese and fruit salad (served on shredded cabbage, lettuce, or other salad greens)

3. EGG (OR CHEESE) AND VEGETABLE SALAD
BREAD-- BUTTER OR MARGARINE
FRUIT -- MILK

Suggested Dishes

Hard-cooked egg with potato and vegetable salad
Hard-cooked egg with green vegetable salad
Cheddar cheese and vegetable salad (any combination of raw, or cooked and raw vegetables, served on shredded cabbage, lettuce, or other salad greens)

Cottage cheese and vegetable salad (any combination of raw, or cooked and raw, vegetables, served on shredded cabbage, lettuce, or other salad greens)

Type B, Pattern (a), Cont'd.

2. CHEESE AND FRUIT SALAD
BREAD -- BUTTER OR MARGARINE
MILK

Suggested Dishes

Smaller serving of the salad combinations suggested for Type A, to meet the protein and vegetable (or fruit) requirement of Type B.

3. EGG (OR CHEESE) AND VEGETABLE SALAD
BREAD — BUTTER OR MARGARINE -- MILK

Suggested Dishes

Smaller serving of any of the dishes suggested for Type A, to meet the protein and vegetable requirements of Type B.

Type A, Pattern (a), Cont'd.

1. DRY BEAN (OR PEA) SOUP, CHOWDER, OR STEW WITH VEGETABLES -- RAW VEGETABLE OR FRUIT
BREAD -- BUTTER OR MARGARINE -- MILK

Suggested Dishes

Green or yellow split pea soup with vegetables
Lentil and vegetable soup
Soybean casserole
Kidney beans, tomatoes, and rice
Bean and vegetable soup (navy, lima, kidney, pinto or other dry beans or soybeans)
Bean and other vegetable chowder (any kind of dry beans)
Bean, barley, and vegetable soup
Bean or pea stew with tomato and onion
Soya-vegetable chowder

2. DRY BEAN AND VEGETABLE SALAD
BREAD -- BUTTER OR MARGARINE
FRUIT -- MILK

Suggested Dishes

Soybeans or kidney and salad greens
Lima beans, peanut butter, and salad greens
Beans (any kind), raw apple, and salad greens
Beans (any kind), cabbage, carrots, and salad greens

Type B, Pattern (a), Cont'd.

1. DRY BEAN (OR PEA OR PEANUT BUTTER) SOUP, CHOWDER, OR STEW WITH VEGETABLES
BREAD -- BUTTER OR MARGARINE -- MILK

Suggested Disnes

Smaller serving of any of the dishes suggested for Type A, to meet the protein and vegetable requirements of Type B.

Additional Dishes

Peanut butter and tomato soup
Peanut butter and vegetable casserole

2. DRY BEAN AND VEGETABLE SALAD
BREAD -- BUTTER OR MARGARINE -- MILK

Suggested Dishes

Smaller serving of any of the dishes suggested for Type A, to meet the protein and vegetable requirements of Type B.

Menu Plans Using MEAT, FISH, EGGS, CHEESE, DRY BEANS, OR PEANUT BUTTER in Sandwiches

Type A, Pattern (b)

1. SANDWICH: MEAT (OR MEAT ALTERNATE)
RAW VEGETABLE OR VEGETABLE SALAD-
FRUIT -- MILK

Suggested Sandwich fillings (protein to meet requirement of item 2, Type A)

Chopped liver with onion, celery, or parsley
Chopped liver and egg, with seasonings
Chopped or ground ham, beef, or other meat
Sliced ham, tongue, or other cold meat
Fish (fresh, dried, or canned), with seasonings
Chopped or sliced hard-cooked egg, salad dressing
Scrambled eggs
Sliced cheddar cheese
Chopped or grated cheese and hard cooked egg
Melted cheese
Mashed beans (soybeans or other dry beans or peas) and grated cheese, with seasonings.
Peanut butter

2. SANDWICH: MEAT (OR MEAT ALTERNATE)
HOT VEGETABLE DISH
FRUIT -- MILK

See Suggested Sandwich Fillings outlined above (protein to meet requirement of item 2, Type A)

Suggested Hot Dishes

Vegetable chowder, plain or with rolled oats or cracked wheat
Thick vegetable soup
Mixed vegetable stew
Fried apples and sweet potatoes
Panned cabbage and apples
Panned carrots and apples or onions

Type B, Pattern (b)

1. SANDWICH: MEAT (OR MEAT ALTERNATE)
VEGETABLE OR FRUIT (COOKED OR RAW)
MILK

Suggested sandwich fillings (protein to meet requirement of item 2, Type B)

The fillings suggested for Type A can be adjusted to use the smaller amount of protein of Type B, by extending the meat or meat alternate with salad dressing, chopped vegetable, relish, ground peanuts, or in some cases with chopped raisins or honey.

Cottage cheese, with seasonings

2. SANDWICH: MEAT (OR MEAT ALTERNATE)
VEGETABLE CHOWDER OR SOUP -- MILK

See Suggested Sandwich Fillings outlined above (protein to meet requirement of item 2, Type B)

Suggested Hot Dishes

Smaller serving of the chowder or soup suggested for Type A, to meet the vegetable requirements of Type B.

Menu Plans Using MEAT OR FISH in "Plate" Meal

Type A, Pattern (c)

1. MEAT OR FISH
   TWO VEGETABLES (COOKED OR RAW)
   OR VEGETABLE AND FRUIT
   BREAD -- BUTTER OR MARGARINE
   MILK

Suggested Hot Dishes

Braised or broiled liver
Liver loaf
Braised kidney
"Boiled" tongue
Brains with scrambled or creamed eggs
Hamburger or sausage cakes (plain or with milk gravy)
Soya flour - creamed ground beef
Beef or ham loaf
Pot raost
Smoked ham or shoulder
Hot meat sandwich with gravy
Steamed or "boiled" fish with tomato sauce
Broiled or baked fish
Scalloped fish
Fish cakes
Fish loaf
Creamed fish and eggs

Suggested Cold Dishes

Sliced tongue
Sliced meat cake or loaf
Other cold sliced meats
Fish (fresh, pickled, smoked, or canned) served cold

Type B, Pattern (c)

1. This pattern does not lend itself to adaptation to Type B, since the protein requirement of 1 ounce of meat or fish (item (2)) is too small to make a separate serving.

Type A, Pattern (c) Cont'd.

2. MEAT (OR FISH) AND CEREAL DISH
TWO VEGETABLES OR VEGETABLE AND FRUIT
BREAD -- BUTTER OR MARGARINE
MILK

Suggested Dishes

Liver with rice or other cereal, seasoned with tomatoes*
Braised heart, stuffed with seasoned bread crumbs or other cereal
Meatballs and spaghetti, seasoned with tomatoes*
Rolled cabbage with meat and rice or other cereal
Tamale Pie
Pepper stuffed with meat and cereal (pepper counted as one vegetable)
Fish and rice or whole grain cereal, seasoned with tomatoes*
Fish and spaghetti, macaroni, or noodles, seasoned with tomatoes*
* Tomatoes or tomato sauce not counted as one of the vegetables

3. MEAT AND DRY BEAN DISH
RAW VEGETABLE OR VEGETABLE SALAD
BREAD -- BUTTER OR MARGARINE
FRUIT -- MILK

Suggested Dishes

Savory bean stew with meat (any kind of beans or soybeans)
Chile Con Carne (any kind of beans or soybeans)
Kidney bean and meat salad

Type B, Pattern (c) Cont'd.

2. MEAT (OR FISH) AND CEREAL DISH
VEGETABLE OR FRUIT
BREAD -- BUTTER OR MARGARINE
MILK

Suggested Dishes

Smaller serving of any of the dishes suggested for Type A, to meet the protein and vegetable requirement of Type B.

3. MEAT OR DRY BEAN DISH
RAW VEGETABLE OR FRUIT
BREAD -- MARGARINE
MILK

Suggested Dishes

Smaller serving of any of the dishes suggested for Type A, to meet the protein and vegetable requirements of Type B

Type A, Pattern (c) Cont'd.

1. EGG OR CHEESE DISH
TWO VEGETABLES (COOKED OR RAW)
OR VEGETABLE AND FRUIT
BREAD -- BUTTER OR MARGARINE
MILK

Suggested Dishes

Creamed or scalloped hard-cooked eggs
Scrambled eggs
Plain omelet
Eggs with cheese sauce*
*Cheese rabbit, including eggs
Melted cheese* on toast

2. EGG (OR CHEESE) AND CEREAL DISH
RAW VEGETABLE OR VEGETABLE SALAD
BREAD -- BUTTER OR MARGARINE
FRUIT -- MILK

Suggested Dishes

Creamed or scalloped hard-cooked eggs, with macaroni, noodles, hominy, rice, or other cereal
*Cheese sauce with macaroni, noodles, hominy, rice, or other cereal
Cottage cheese* and noodles
Cheese loaf*

*Each serving should contain 2 ounces of cheese

Type B, Pattern (c) Cont'd.

1. This pattern does not lend itself to adaptation to Type B, since the protein requirement of one-half egg or 1 ounce of cheese (item 2) is too small to make a separate serving.

2. EGG (OR CHEESE) AND CEREAL DISH
RAW VEGETABLE OR FRUIT
BREAD -- BUTTER OR MARGARINE
MILK

Suggested Dishes

Smaller amount of egg in egg-and-cereal combination, to meet the protein requirement of Type B.

Cheese sauce with macaroni, noodles hominy, rice, or other cereal
Cottage cheese and noodles

Menu Plans Using EGG OR CHEESE in "Plate" Meal (Cont'd.)

Type A, Pattern (c) Cont'd.

3. EGG OR CHEESE
TWO VEGETABLES (COOKED OR RAW)
OR VEGETABLE AND FRUIT
BREAD -- BUTTER OR MARGARINE
MILK

Suggested Dishes

Hard-cooked egg, whole, stuffed, or sliced
Sliced cheese

Type B, Pattern (c) Cont'd.

3. This pattern does not lend itself to adaptation to Type B, since the protein requirement of one-half egg or an ounce of cheese (item 2) is too small to make a separate serving.

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Menu Plans Using DRY BEANS, PEAS, SOYBEANS, OR PEANUT BUTTER in "Plate" Meal

1. DRY BEAN, PEA OR PEANUT DISH
TWO VEGETABLES (COOKED OR RAW)
OR VEGETABLE ANDFRUIT
BREAD -- BUTTER OR MARGARINE
MILK

Suggested Dishes

Baked beans or soybeans
Scalloped beans or soybeans
Stewed beans or soybeans
Bean or soybean loaf
Bean and cheese loaf
Peanut butter loaf
Stewed balck-eyed peas

1. DRY BEAN, PEA, OR PEANUT DISH
VEGETABLE OR FRUIT
BREAD -- BUTTER OR MARGARINE
MILK

Suggested Dishes

Smaller serving of any of the dishes Suggested for Type A, to meet the protein and vegetable requirements of Type B.

Planning Ahead

The basic menu plans in the preceding pages emphasize the use of green vegetables and fruits, variety meats, meat alternates (dry beans, peas, soybeans, peanut butter, eggs, and cheese), whole grain and enriched cereal products, and other foods which are likely to be available on the local market. Due to the wartime emergency, however, fruits and vegetables may not be available during the winter months in adequate amounts within the limits of the school lunch budget and the allotment of ration points. The same may be true of meats at times. Therefore, communities that make plans ahead for an all-year-round food supply for school-lunch programs will be best able to serve lunches that meet nutritional standards. Advance planning includes:

(1) A garden project, in which a variety of vegetables will be grown for use in school feeding. This may be a school garden, it may be a community project servicing one or more schools, or it may consist of the cooperation of individual families who plant a few rows of vegetables for the school, within the family garden.

(2) A plan for the preservation of different foods at the height of their abundance, for use later in the school lunch program. This plan may be a school project or may consist of participation in a community project. In some cases it will include not only canning but also drying and locker freezing. It may cover not only fruits and vegetables but also meats and poultry.

(3) A plan, including suitable facilities, for the storage not only of processed foods but also of fruits and vegetables that lend themselves to sto age in the fresh state (in cellars, storage pits, etc.) Ideal storage facilities will also allow space and suitable containers for storing such unrationed staples as cereals and cereal products which keep well and can be bought in quantities to effect considerable savings.

Preventing Waste and Conserving Food Values

Waste of food, serious at any time, is tragic when the demands of war limit the supply of food available for civilian use. Food conservation should be practiced to the fullest degree in the school-lunch program not only for the sake of getting the most out of food, but also as a means of setting a good example through which education on food conservation may be extended in the community. Food waste may be classified under two general headings.

Visible waste, caused by allowing food to spoil, by making fruit and vegetables parings thicker than necessary, discarding fat trimmings, and "drippings," throwing away edible left-overs, serving portions too large and thereby encouraging plate waste, etc.

Invisible waste, the loss of food values (particularly minerals and vitamins) caused by overcooking, draining away of cooking liquid, letting cut or sliced fruits and vegetables sit in a warm place exposed to the air, preparing cooked food too early, and holding it at serving temperature for a long time, etc.

Minerals and some of the vitamins are easily dissolved in cooking water, or are bathed out in steam and dissolved in concentrated cooking juices. Some of the vitamins are destroyed by heat, especially when it is applied for a long time. Some are destroyed by exposure to air.

Clean plates, a minimum of garbage, proper cooking methods, and a "starved" kitchen sink are means toward an end in a food conservation program that cuts to the quick both visible and invisible waste.

To conserve food values and prevent invisible waste, the following rules are of extreme importance:

(1) Keep fruits and vegetables cold to retain vitamin values.

(2) Do not soak pared or sliced fruits and vegetables in water to crisp them.

(3) Prepare raw fruits and vegetables (as for salad, vegetable sticks, and fruit cup) just ahead of serving.

(4) Cook fruits and vegetables in their skin whenever possible.

(5) Cook pared fruits and vegetables whole or in large pieces so there will be the smallest possible amount of cut surface.

(6) Cook in the least possible amount of water.

(7) Use cooking liquid in soups or gravies; never "feed" it to the kitchen sink.

(8) Put vegetables in boiling, salted water; bring the water back to the boiling point quickly.

(9) Cook the shortest possible length of time to get food "done."

(10) Stir food only when necessary while it is cooking.

(11) Don't add soda wher cooking vegetables.

(12) In preparing meat-and-vegetable combinations (as stews and soups), add the vegetables when the meat is almost done, so the vegetables will cook no longer than necessary.

(13) Serve vegetables as soon as possible after cooking.

(14) Keep left-overs cold; reheat quickly, and serve immediately.

(15) Serve some fruits or vegetables RAW several times a week in the school lunch.

Suggestions for Serving Vegetables and Fruits Raw

The choice depends upon availability and price. If one kind of fruit or vegetable is abundant locally, and is a good buy, make the fullest use of it by varying the form in which it is served (sticks, slices, wedges, sections, in salads alone or in combination with another fruit or vegetable, etc.). Serve a large enough portion to meet the requirement for one serving of a fruit or a vegetable in the Type A or the Type B lunch.

Raw Vegetables

Carrots -- strips or whole
Turnips -- strips or slices
Cabbage -- wedges, or sections
Beets -- strips
Celery sticks
Celery cabbage -- sticks or slices
Kohlrabi -- strips or slices
Tomatoes -- whole, wedges, or slices
Cauliflower -- sections or "florets"
Green pepper -- wedges or rings
Other locally grown vegetables in season
Sauerkraut

Raw Fruits

Apples -- whole, or in sections, peel on
Oranges -- whole, or in slices or sections
Grapefruit -- halves, or in sections
Berries
Pears
Plums
Peaches
Cherries
Grapes

Salad Suggestions

Cabbage salad or cole slaw
Cabbage and carrot salad
Cabbage and beet salad
Cabbage, celery, and potato salad
Apple, celery, and nut salad
Apple, dried fruit and peanut salad
Apple and orange salad
Apple, orange or grapefruit, and onion salad
Pear and orange salad
Tossed vegetable salad (raw spinach, watercress, cabbage, lettuce, or any other leafy vegetables in combination, or mixed with other vegetables, cooked or raw)
Tomato, alone or in combination with other vegetables.

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